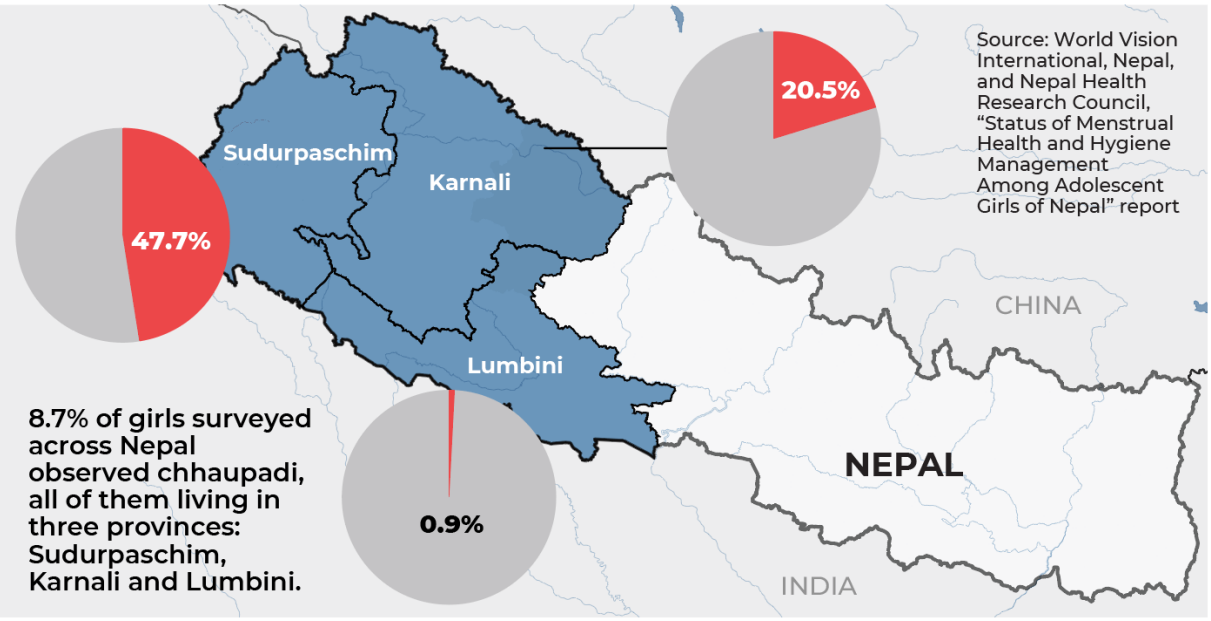
How Prevalent is Chhaupadi Among Adolescent Girls in Nepal?

Chhaupadi refers to the longstanding practice of banishing menstruating girls and women to outdoor sheds. Data is based on a survey of 3,495 girls between the ages of 10 and 19 who have begun menstruating, conducted from October to December 2019 by World Vision International Nepal and the Nepal Health Research Council.


Source: World Vision International, Nepal, and Nepal Health Research Council, "Status of Menstrual Health and Hygiene Management Among Adolescent Girls of Nepal" report
20.5%
Sudurpaschim
Karnali
47.7%
CHINA
Lumbini
8.7% of girls surveyed across Nepal observed chhaupadi, all of them living in three provinces: Sudurpaschim, Karnali and Lumbini.
0.9%
NEPAL
INDIA

How Prevalent is Chhaupadi Among Adolescent Girls in Nepal?

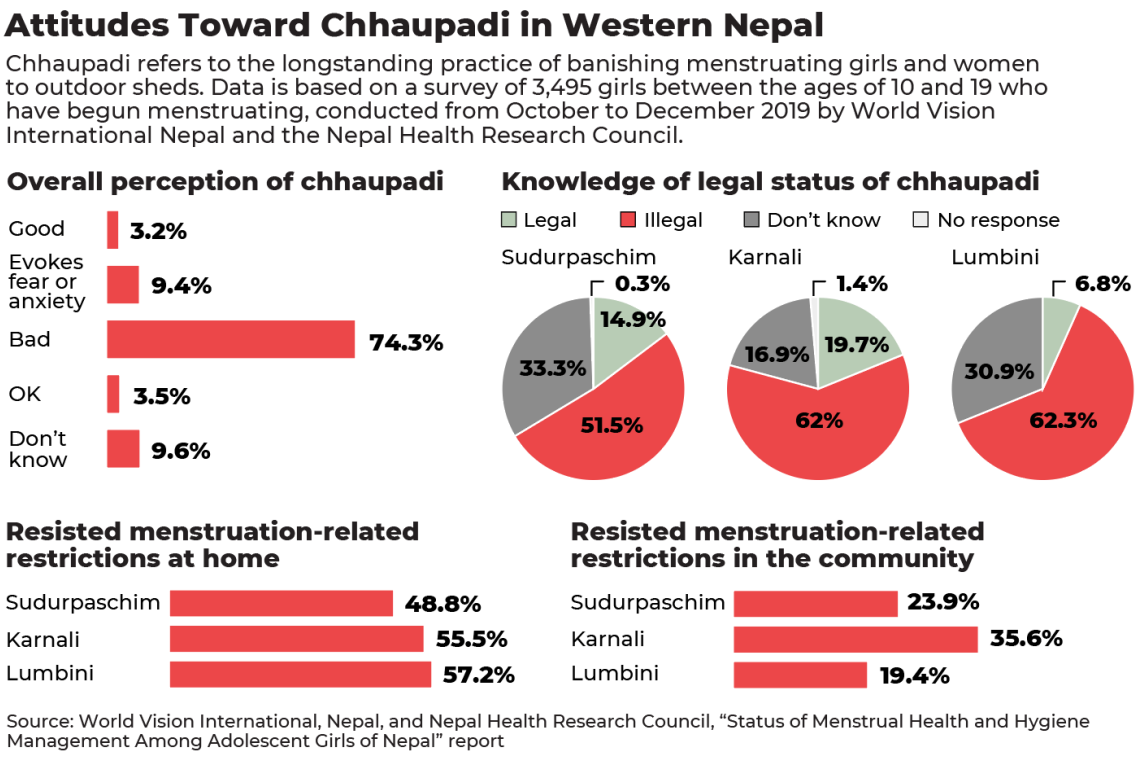
Chhaupadi refers to the longstanding practice of banishing menstruating girls and women to outdoor sheds. Data is based on a survey of 3,495 girls between the ages of 10 and 19 who have begun menstruating, conducted from October to December 2019 by World Vision International Nepal and the Nepal Health Research Council.

8.7% of girls surveyed across Nepal observed chhaupadi, all of them living in three provinces: Sudurpaschim, Karnali and Lumbini.

Sudurpaschim	47.7%
Karnali	20.5%
Lumbini	0.9%

NEPAL
INDIA
CHINA

Source: World Vision International, Nepal, and Nepal Health Research Council, "Status of Menstrual Health and Hygiene Management Among Adolescent Girls of Nepal" report


Attitudes Toward Chhaupadi in Western Nepal
Chhaupadi refers to the longstanding practice of banishing menstruating girls and women to outdoor sheds. Data is based on a survey of 3,495 girls between the ages of 10 and 19 who have begun menstruating, conducted from October to December 2019 by World Vision International Nepal and the Nepal Health Research Council.
Overall perception of chhaupadi
Good 3.2%
Evokes fear or anxiety 9.4%
Bad 74.3%
OK 3.5%
Don't know 9.6%
Knowledge of legal status of chhaupadi
Legal
Illegal
Don't know
No response
Sudurpaschim
0.3%
14.9%
33.3%
51.5%
Karnali
1.4%
19.7%
16.9%
62%
Lumbini
6.8%
30.9%
62.3%
Resisted menstruation-related restrictions at home
Sudurpaschim 48.8%
Karnali 55.5%
Lumbini 57.2%
Resisted menstruation-related restrictions in the community
Sudurpaschim 23.9%
Karnali 35.6%
Lumbini 19.4%
Source: World Vision International, Nepal, and Nepal Health Research Council, "Status of Menstrual Health and Hygiene Management Among Adolescent Girls of Nepal" report

Attitudes Toward Chhaupadi in Western Nepal

Chhaupadi refers to the longstanding practice of banishing menstruating girls and women to outdoor sheds. Data is based on a survey of 3,495 girls between the ages of 10 and 19 who have begun menstruating, conducted from October to December 2019 by World Vision International Nepal and the Nepal Health Research Council.

Overall perception of chhaupadi

Good	3.2%
Evokes fear or anxiety	9.4%
Bad	74.3%
OK	3.5%
Don't know	9.6%

Knowledge of legal status of chhaupadi

	Legal	Illegal	Don't know	No response
Sudurpaschim	14.9%	51.5%	.3%	0.3%
Karnali	19.7%	62%	16.9%	1.4%
Lumbini	6.8%	62.3%	30.9%	0%

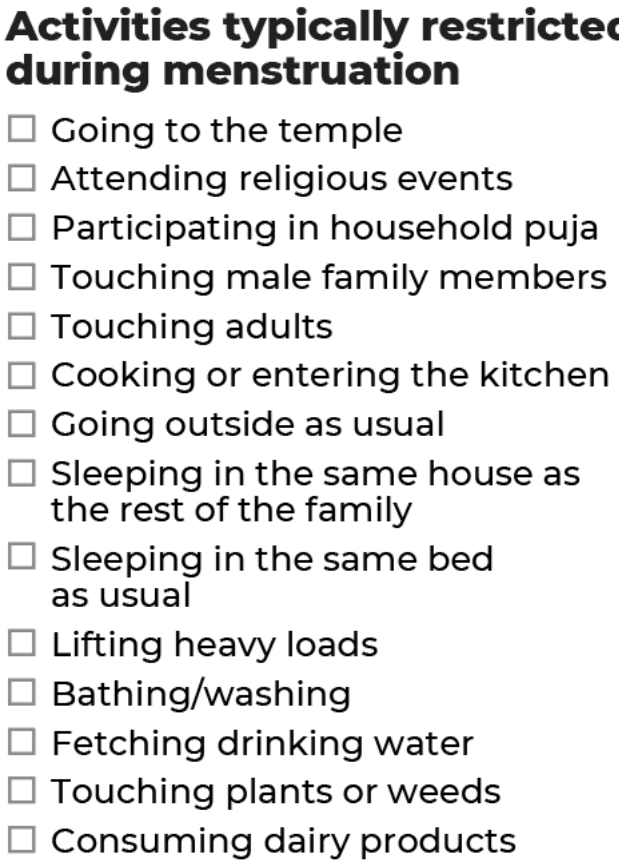
Resisted menstruation-related restrictions at home

Sudurpaschim	48.8%
Karnali	55.5%
Lumbini	57.2%

Resisted menstruation-related restrictions in the community

Sudurpaschim	23.9%
Karnali	35.6%
Lumbini	19.4%

Source: World Vision International, Nepal, and Nepal Health Research Council, “Status of Menstrual Health and Hygiene Management Among Adolescent Girls of Nepal” report


Activities typically restricted during menstruation
Going to the temple
Attending religious events
Participating in household puja
Touching male family members
Touching adults
Cooking or entering the kitchen
Going outside as usual
Sleeping in the same house as the rest of the family
Sleeping in the same bed as usual
Lifting heavy loads
Bathing/washing
Fetching drinking water
Touching plants or weeds
Consuming dairy products

Activities typically restricted during menstruation
Going to the temple
Attending religious events
Participating in household puja
Touching male family members

Touching adults
Cooking or entering the kitchen
Going outside as usual
Sleeping in the same house as the rest of the family
Sleeping in the same bed as usual
Lifting heavy loads
Bathing/washing
Fetching drinking water
Touching plants or weeds
Consuming dairy products

SOURCE MATERIALS

Table 13: Practice of *Chaupadi*

	Practice of Chaupadi (%) n=3495
Province 1	0
Province 2	0
Bagmati	0
Gandaki	0
Lumbini	3(0.9)
Karnali	80(20.5)
Sudurpashchim	222(47.7)

Table 15: Perception regarding practice of *Chaupadi*

	Perception regarding practice of *Chaupadi* n (%) n=3495					
Province	Good	Scared/anxious	Bad	Ok	Don't know	Total
Province 1	5(.5)	72(17.9)	353(67.1)	11(2.2)	81(12.3)	522
Province 2	40(7.6)	40(9)	304(67.1)	7(2.1)	74(14.3)	465
Bagmati	2(0.5)	26(4.7)	394(77.5)	18(4.4)	81(12.9)	521
Gandaki	5(.4)	27(4.7)	461(89.2)	11(2.3)	14(3.5)	518
Lumbini	21(2.5)	53(6.2)	416(80.3)	14(2.5)	39(8.4)	543
Karnali	23(5.2)	71(11.9)	324(76.8)	8(1.5)	23(4.7)	449
Sudurpashchim	16(3)	39(9)	344(71.2)	55(11.7)	23(5.1)	477
Total	**112(3.2)**	**328(9.4)**	**2596(74.3)**	**124(3.5)**	**335(9.6)**	**3495**

Table 18: Is *Chaupadi* legal or illegal

Province	Is *Chaupadi* legal or illegal in our country? n(%) n=3495				
	Legal	Illegal	Don't know	No response	Total
Province 1	43(6.8)	293(56.7)	186(36.6)	0	522
Province 2	65(14.3)	245(55.5)	149(29.2)	6(1)	465
Bagmati	40(9.2)	288(54.9)	187(35.2)	6(0.6)	521
Gandaki	23(3.7)	431(85.2)	62(10.90)	2(0.20)	518
Lumbini	40(6.8)	367(62.3)	136(30.9)	0	543
Karnali	97(19.7)	275(62)	69(16.9)	8(1.4)	449
Sudurpashchim	88(14.9)	239(51.5)	149(33.3)	1(0.3)	477
Total	**396(10.8)**	**2138(59.2)**	**938(29.5)**	**23(0.4)**	**3495**

Activities restricted during menstruation by province

During your regular menstruation, what are you typically obligated to avoid doing n (%) n=3495

Attend temple	Attend religious occasions	Do household puja	Touch male family members	Touch any adults	Cook/enter the kitchen?	Go outside as much as normal	Sleep in the same house as the rest of the family	Sleep in the same bed that you normally	Lift the heavy loads	Take a bath wash?	Go to fetch drinking water	Touch plants/seeds	Eat or drink dairy products

Figure 2: Opposed restrictions at home

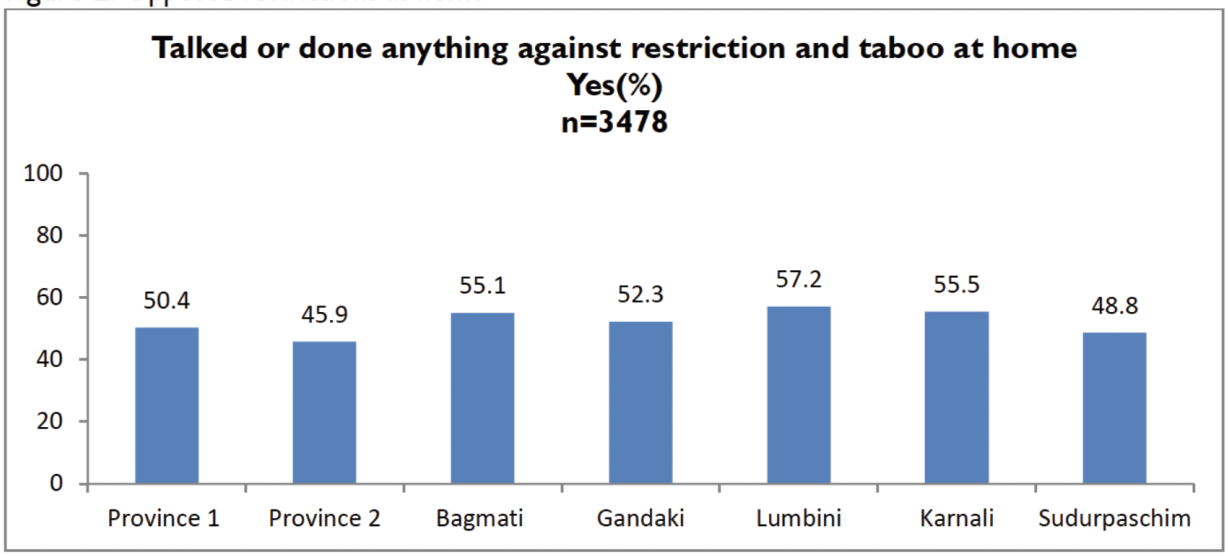


Figure 3: Opposed restrictions in community